



EBOLA VIRUS - THE DEVASTATING EFFECTS ON THE HUMAN BODY - [CLICK HERE](#) FOR INFORMATION



FREE DELIVERY ON ORDERS WITHIN THE UNITED KINGDOM - [CLICK HERE](#) FOR INFO AND RATES OUTSIDE THE U.K.

MENU

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PLANTS THAT FIGHT FEVER

A fever is one of the body's responses to illness. By heating up, the body is fighting off the invading germs. Many herbs have properties that lend themselves to natural treatment for fever.

Symptoms of a fever may include a high temperature, headache, muscle ache, shivering, loss of appetite, burning eyes, coated tongue, a feeling of heaviness and nausea and an excessive production of saliva.

PINEAPPLE



Eat fresh pineapple or drink the juice. The juice can prevent dehydration while pineapple's natural anti-inflammatory properties fight the fever.

BASIL



Mix 1 teaspoon of basil with ¼ teaspoon of black pepper and allow it to steep in 1 cup of hot water for a few minutes to make a tea. Drink this 2 or 3 times per day.

OREGANO



Make a tea from 1 teaspoon of oregano and 1 teaspoon of marjoram in a pint of boiling water. Allow the mixture to steep for half an hour. Strain and drink the tea a couple times per day. It should be consumed warm.

LINDEN FLOWER



This herb promotes sweating and is often used when a fever induces chills. Pour 1 cup of boiling water over 1 teaspoon of dried linden flowers. Steep the solution, and then strain out the herbs. Drink 1 or 2 cups per day.

ELDERBERRY



Drink elderberry tea to encourage perspiration and break a fever. Take 3 cups a day.

UVA URSI



Add uva ursi to your herbal tea to cleanse the kidneys, since they are affected during a fever.

Other herbal teas that are useful during fever include yarrow, andrographis, chamomile, mint and sage.



bike out

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